



Jan Carey, Brian Sturgeon and Kyle Carey

Jan Carey and Jamie Sangar, Pendleton

The second Annual Pound the Pavement for Heart Health will be held at 8 a.m. Saturday at Falls Park in memory of Pendleton resident, Kevin Carey, who died in July 2004 from heart disease.

Carey was the Pendleton Heights Middle School track and cross-country coach for seven years, and a volunteer AAU track and cross-country coach for 10 years.

Proceeds from the race go toward the Coach Carey Foundation Scholarship Fund. The foundation awards an annual scholarship to a local graduating high school senior runner who displays sportsmanship, scholarship and leadership throughout his or her high school career.

This year's event will include door prizes, the WFMS Friends and Neighbors Wagon and the Colts cheerleaders will make a return appearance.

Jan Carey, Kevin's widow, and Jamie Sangar, Kevin's oldest child, sat down with Julie Clark of the Times-Post to talk about the event and the reasons behind its inception.

Q: With the upcoming second annual Pound the Pavement 5K Run/Walk, you must be very busy. What prompted the first event?

Jan: This event is one way of keeping his spirit alive. Kevin always wanted to have a race in Pendleton. Kevin loved the sport of running. This is our way of preserving his memory. This year's event will include a one-mile fun run, stroller strut and dog walk, so there is something for everyone.

Jamie: In addition to the obvious reason of honoring my dad, Pendleton, with its beautiful scenery, is the perfect place to have a race like this.

Q: The first event was held this time last year and more than 400 people participated. How many people do you anticipate for this year?

Jan: I hope to have at least the same. I would like to have more, but I would be happy to have at least as many as last year.

Jamie: This year we would love to reach 500. It's kind of a guessing game, since so many register the day of the event. Everyone is invited to participate. Even if people don't sign up for the run/walk, we encourage the community to participate in the health fair.

Q: The proceeds from the race support the Coach Carey Foundation scholarship fund. With that money, who received this year's scholarship?

Jan: A \$2,000 scholarship was awarded to Brian Sturgeon.

Jamie: In addition to the scholarship, we are also starting an endowment fund with the South Madison Community Foundation that in the future will create more scholarship money.

Q: You have garnered many sponsors for this year's event, from groceries to insurance companies. How do the sponsors contribute?

Jan: Monetary assistance and some sponsors provide supplies.

Jamie: Sometimes we get creative with our sponsors. For instance, J.B. Paws provided advertisements and will offer dog treats and a dog water station outside the store. Mud Puddlz and Tadpoles will be passing out door prizes.

Q: In addition to the run/walk, a health fair is provided to the public. What services will be available?

Jan: Two pharmacists from Pay Less Pharmacy will be on hand to discuss diet. They will also have samples of a new, cholesterol-free milk and yogurt. Dr. Stephen Elliott will be there, as well as Phil Holden from Pendleton Family Fitness. Someone from the Indiana Organ Donors Organization will be available and the Indiana Regional Blood Center will conduct a blood drive. Sports massages will also be provided.

Jamie: A representative from the Carl Erskine Rehabilitation Center will attend to talk with runners about their feet, conduct tests on the runners' feet, and provide information on orthopedics.

Q: We all know the huge void that Coach Carey's passing left in this community. What legacy did he leave to you, your family and the people who knew him?

Jan: He was just a good motivator to make runners out of kids. He wanted them to give their best. At last year's race, we handed out popsicles. Kevin always gave the kids popsicles after their races. Not many people knew why we did that. We did that in memory of him.

Jamie: On his gravestone is his favorite quote from Olympic runner Steve Prefontaine. 'It is through the struggle that we often find the reward.' That was his life's motto, to work hard and do your best.

